

described. The school authorities could deal with the school child, but could not touch the others. He thought, nevertheless, that in times of peace and quietude, they would have broken the law and dealt with them all. The amount of scabies introduced into this country from the trenches was enormous. London managed to keep it in bounds, through the cleansing stations, owing to the devotion of the school nurses; but in the country there were not always the same facilities. The situation was an example of the necessity for clear thinking and for central control.

THE HEALTH AND CHARACTER TRAINING OF CHILDREN.

The second address at the Morning Session was given by Miss Norah March, B.Sc., who said that the subject of Health and Character Training was not simple. The whole matter of training, to be perfect, was much more subtle and intricate than it was held to be. Formerly children were brought up mainly by rule of thumb, and the comfort of their elders was placed in the forefront.

One of the first principles of success in any system of character training was to understand the children. Most people did not; they forgot what they themselves were like as children. If you tried to remember what happened on your third birthday you would find you had completely forgotten. Yet what you did on that day was partly instrumental in what you are to-day.

Minds were like icebergs, one-eighth of which are above the water level and seven-eighths below. The later represented the sub-conscious mind which gave poise to the whole.

If we could carry our minds back to our own childhood we should appreciate the fact that a child is very immature. Children's instincts were very crude, very simple; they were often punished or scolded or snubbed quite unjustly. The child's own stage of life must be appreciated.

Take the matter of self-control. We often imposed silence, and a degree of self-control on children such as only adults were capable of. She had seen little children quiver with the effort not to give way. If you want to help children healthfully not to cry distract their attention. Even adults, said the lecturer, responded to that treatment.

In the course of her interesting lecture Miss March said that character formation begins before birth. Every organism is what it is by the influence of heredity and the influence of environment. We could add nothing and take nothing away from heredity, but inherited traits could be influenced by environment.

In connection with happiness Miss March emphasised the connection of body and mind, and said that happiness promotes nutrition. The ductless glands had a definite effect upon the body, thus the products of the adrenal glands were increased at a great rate under the influence of fear, worry impaired the digestive system, and so forth. Happiness should be cultivated and children given a serene mental atmosphere.

Most children were happy when they got self-expression. What she said referred mainly to children under five, but she mentioned that a girl or boy would go through the critical period of puberty very serenely if their mental and physical habits were sound. Health of mind and health of body were completed by health of morals.

DISCUSSION.

MISS CLARIDGE asked whether the lecturer could give any help to older children in overcoming the evil effects of early training. Miss March replied that it was very difficult. A child was immature and in youth was mouldable. The best way with the older ones was to help them to understand the whole mechanism of life. Young people needed plenty of healthy recreation. She said that when speaking to an audience of young girls about sex one of them remarked that she had not known that there was a nice side of this. She thought everything to do with sex was nasty.

MISS L. WARRINER asked whether Miss March believed in suggestion as mental treatment, and Miss March replied that it was better for children that they should make their own suggestion.

MISS CLARIDGE thought a nervous child could be helped by getting him to say "I have no fear." Miss March said that was not suggestion, but giving the child confidence in himself.

The Chairman asked whether those who were responsible for bringing up small children really believed that psychology helps. Did the psychologist understand the small child better than the old family nurse? For himself he could only say that if a child could be put in the terms of the psychologist, then he was not that sort of child.

Miss March said that many old-fashioned nurses were born mothers, and the born mother and the psychologist were the same thing.

MISS ISABEL MACDONALD, in moving a vote of thanks to Miss March, said she had stimulated and awakened interest in a branch of work which was becoming more and more important.

(To be concluded.)

THE N.U.T.N. AT GUY'S.

By the courtesy of Miss Hogg about 20 members of the N.U.T.N. were shown over the Massage, Electrical, and Light Departments of Guy's Hospital on November 16th.

The visit was made at an hour when work was in full swing, and in each department were numerous patients undergoing treatment.

Visits were also made to various Medical and Surgical Wards.

The Nurses' Home was also shown, and we think the Guy's nurses are to be congratulated on the admirable arrangements which have been made for their comfort.

The hearty thanks of the visitors are due to Miss Hogg, and to the Sisters whose courtesy and kindness made the visit so interesting and pleasant.

I. C. P.

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